

Urbana Senior Center

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May Program Highlights

Tai Chi

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind!
Gain Calmness & Lightness of Spirit!

Date: Mondays, May 7-July 2, 2012
(8-week session – no class 5/28)
Register by Wednesday, April 25
Space is limited - sign-up soon!

Time: 1:30-3:00 pm

Cost: Free but you must commit for the
8 -week session and pre-register

Over 90 and Loving It

This documentary film features people in
their 90s and 100s who are living
extraordinary and passionate lives.

Date: Wednesday, May 9

Time: 1:00 p.m.

Cost: Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesdays, May 8 & 22

Time: 1:00 p.m.

Date: Wednesday, May 16

Time: 11:30 a.m.

Date: Thursdays, May 3 & 10

Time: 9:30 a.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. This is an
informal group whose members help each
other with projects, patterns, and learning new
skills.

Date/Time: Mondays 10:00 a.m.

Date/Time: Tuesdays 1:00 p.m.

Date/Time: 2nd Tuesday 6:00 p.m.

Cost: Free

Zumba Gold

Zumba Gold is a dance-fitness class that is
friendly and fun. The easy-to-follow moves are
set to zesty Latin music. The exercise program
is paced to suit the needs of the active older
participant.

Date: Mondays, May 7-July 2, 2012
(8-week session – no class 5/28)

Register by Wednesday, April 25

Space is limited – sign-up soon!

Time: 9:00 -10:00 a.m.

Cost: \$40 per participant plus a
\$15 one-time fee for carpet booties
payable to the instructor on the
first day of the program

Caring for Yourself

Learn some ways to care for yourself while
dealing with worry/anxiety. Program presented
by Deb Hubbell, LCSW-C.

Date: Tuesday, May 15

Time: 1:30 p.m. **Cost:** Free

For the Health of It

Towson nursing students will be presenting a
health education session designed for seniors.
Each date will cover a different topic.

Date: Thursdays, May 3 & 10

Time: 11:30 a.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a
variety of ingredients to make lunch your way.
Steve Stoyke will talk about “**Vital Signs:**
What do all those numbers mean?”

Date: Wednesday, May 16

Sign-up by Monday, May 14

Time: Noon

Cost: \$4.80 (Regular lunch fee)